

The Honorable Joanne M. Comerford Chair,  
Joint Committee on Public Health Senate  
24 Beacon St., Room 413-C  
Boston, MA 02133

The Honorable Marjorie C. Decker Chair  
Joint Committee on Public Health House  
24 Beacon St., Room 130  
Boston, MA 02133

**Re: Bill H.2215 (K. Khan) and Bill S.1465 (M. Rush), *An Act protecting children from harmful diet pills and muscle-building supplements***

Dear Chairs Comerford and Decker:

We are a group of physicians and specialists in The Micheli Center for Sports Injury Prevention, a branch of Boston Children's Hospital. Founded by world-renowned sports orthopedic specialist, Dr. Lyle Micheli, the center applies decades of research and experience to offer a variety of effective services to patients, including evaluations, screenings, and treatments.

The Marilyn P. Kasputys Branch of The Micheli Center is located within The Skating Club of Boston, a premiere training facility for figure skaters around the country. A Team USA figure skater who skates in the facility and works with trainers from the Micheli Center has recently brought to our attention the proposed **H.2215/S.1465**, "An Act protecting children from diet pills and muscle-building supplements," sponsored by Senator Michael Rush and Representative Kay Khan.

As medical health professionals who have worked with, and will continue to work with countless children and adolescents across a wide-range of sports, we strongly condemn the use of diet pills and muscle-building supplements for children in the state of Massachusetts. The research provided by STRIPED highlights the glaring dangers of these products and from our own experiences, we have witnessed the real-life consequences these products can have. Athletes using muscle-building supplements have failed doping tests because of the trace-amounts of anabolic steroids found in these unregulated powders. Figure skaters specifically, and other aesthetic-based sport participants, are already at a high risk of developing body dysmorphia and consequently different forms of disordered eating due to the intense pressures and expectations placed on their appearances. These products provide a 'slippery slope' in eating disorder development and can both fuel an eating disorder, or form the beginnings of one.

Because these products interfere and negatively impact the overall health and wellbeing of these young athletes, this results in an overall decrease in their sport performance. However, sport performance aside, these products are simply unsafe for any child to be consuming and should not be used by anyone, let alone the young, impressionable teenagers that so often fall prey to the lies and deceptiveness of the dietary supplement industry.

On behalf of the physicians and specialists within The Micheli Center for Sports Injury Prevention, we pledge our **support of H.2215/S.1465**, an Act to protect children from

dietary supplements for weight loss and muscle building and over-the-counter (OTC) diet pills. The severity of this issue crosses over the line of sports and affects the entirety of our youth population. As health care professionals, we feel an intense responsibility to protect our children and educate the general population on the dangers of these products and why they should truly should be 'out of kids' hands.' We strongly urge you to vote in support of these bills.

We thank you for both your time and your leadership on the increasing urgency of this situation.

Sincerely,

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